AMENDMENTS TO THE SPECIFICATION

Please replace the paragraph beginning at page 1, line 5, with the following rewritten paragraph:

--The present invention relates to ~~a~~ heavy footwear ~~of~~ having increased weight. More particularly, the present invention relates to an insole assembly made of compressed resin for potentially increasing the weight of ~~a~~ footwear to which the insole assembly is applied. Further, the present invention relates to ~~a~~ heavy footwear including an outsole and/or a midsole made of a compressed resin having a high specific gravity to enhance the exercise effect.--

Please replace the paragraph beginning at page 1, line 15, with the following rewritten paragraph:

--Various techniques having been proposed, which can increase the weight of ~~a~~ footwear if necessary to enhance the exercise effect of a wearer while keeping the weight decreased at normal times.--

Please replace the paragraph beginning at page 1, line 19, with the following rewritten paragraph:

--An example of such techniques is disclosed in Korean Registered Utility Model Serial No. 285242, entitled "Sports Shoes for Exercise". According to this document, heavy metal members are detachably inserted into an outsole or a bottomsole as the outer bottom portion of ~~a~~ the footwear in order to enhance the exercise effect of a wearer.--

Please replace the paragraph beginning at page 3, line 1, with the following rewritten paragraph:

--Therefore, there ~~are required~~ is a need for novel means that can overcome the foregoing problems while adjusting the weight of shoes.--

Please replace the section heading on page 3, line 5, with the following rewritten section heading:

--~~Disclosure~~ Summary of the Invention--

Please replace the paragraph beginning at page 3, line 6, with the following rewritten paragraph:

--It is therefore an object of the invention to provide an insole assembly which can increase the weight of ~~a~~ footwear when attached to the footwear.--

Please replace the paragraph beginning at page 3, line 9, with the following rewritten paragraph:

--It is another object of the invention to provide an insole which is molded from heavy compressed resin to impart a desired level of body load-absorbing ability to ~~a~~ the footwear without additional shock-absorbing means.--

Please replace the paragraph beginning at page 3, line 13, with the following rewritten paragraph:

--It is further another object of the invention to insert a weight-increasing member into a midsole and/or an outsole to increase the weight of ~~a~~ the footwear.--

Please replace the paragraph beginning at page 3, line 16, with the following rewritten paragraph:

--It is yet another object of the invention to fabricate a midsole and/or an outsole from a high specific gravity compressed resin to increase the weight of ~~a~~ the footwear.--

Please replace the paragraph beginning at page 3, line 20, with the following rewritten paragraph:

--According to an aspect of the invention for realizing the above objects, there is provided an insole assembly used for increasing the weight of ~~a~~ footwear comprising: a lower insole made of a compressed resin having a high specific gravity, and an upper insole laid on the lower insole.--

Please replace the paragraph beginning at page 5, line 22, with the following rewritten paragraph:

--FIG. 4 is a plan view of the lower insole of FIG. 3;--

Please replace the paragraph beginning at page 5, line 23, with the following rewritten paragraph:

--FIG. 5 is a bottom view of the lower insole of FIG. 3;--

Please replace the paragraph beginning at page 6, line 1, with the following rewritten paragraph:

--FIG. 7 is a plan view of the upper insole of FIG. 6;--

Please replace the paragraph beginning at page 6, line 2, with the following rewritten paragraph:

--FIG. 8 is a bottom view of the upper insole of FIG. 6;--

Please replace the section heading on page 6, line 15, with the following rewritten section heading:

~~--Best Mode for Carrying Out the Invention~~Detailed Description of the Invention--

Please replace the paragraph beginning at page 6, line 19, with the following rewritten paragraph:

--FIG. 1 is an exploded perspective view of an insole assembly for increasing the weight of ~~a~~ footwear for example a shoe according to a first embodiment of the invention.--

Please replace the paragraph beginning at page 7, line 3, with the following rewritten paragraph:

--The weight insole or lower insole 110 embodying the essential concept of the invention is made by compression molding a desired resin up to a specific gravity of

about at least 2. The resin contains nitrile rubber, butadiene rubber, ~~Barium Sulfate~~barium sulfate ($BaSO_4$) as high specific gravity filler, ~~Readoxide~~ red lead oxide (Pb_3O_4), ZnO, S, stearic acid and vulcanizing accelerator. Alternatively, the resin can be pressed, and then cut and processed into the form of an insole to fabricate the insole.--

Please replace the paragraph beginning at page 7, line 25 and ending at page 8, line 5 with the following rewritten paragraph:

--The support portion 142 is made of for example ~~Ethylene-Vinylacetate Copolymer~~ethylene vinylacetate copolymer (EVA) at a predetermined thickness to prevent the distortion (e.g., abduction or adduction) of a wearer's foot. Alternatively, the support portion 142 may be made of an elastic material at a desired thickness to keep the wearer comfortable.--

Please replace the paragraph beginning at page 8, line 18 with the following rewritten paragraph:

--FIG. 2 is an exploded perspective view of an insole assembly for increasing the weight of ~~a~~ footwear according to a second embodiment of the invention.--

Please replace the paragraph beginning at page 10, line 23 and ending at page 11, line 1 with the following rewritten paragraph:

--The upper insole 240 integrally has a support portion 242 attached on the lower insole 210, an elastic portion 244 laid on the support portion 242 and a foot-sole contact portion 246 laid on the elastic portion ~~144~~ 244 to contact a wearer's foot-sole.--

Please replace the paragraph beginning at page 11, line 2, with the following rewritten paragraph:

--The support portion 242 is made of for example EVA at a predetermined thickness to prevent the distortion of a wearer's foot. Alternatively, the support portion ~~142~~ 242 may be made of an elastic material at a desired thickness to keep the wearer comfortable.--

Please replace the paragraph beginning at page 13, line 19 and ending at page 14, line 1, with the following rewritten paragraph:

--A fabrication process of a weight or lower insole of the invention is as follows: Natural rubber is mixed with synthetic rubber of ~~nitril~~ nitrile rubber and butadiene rubber, and then with $BaSO_4$ of high specific gravity filler. ~~Mixture~~ The mixture is pressed with a roll press to enhance the molecular mass as well as plasticity and viscosity. The pressed mixture is mixed again with ZnO, S, stearic acid, a vulcanizing accelerator, and then pressed again to prepare sheets at a thickness of about 5mm.--

Please replace the paragraph beginning at page 14, line 5, with the following rewritten paragraph:

--In the sheets prepared as above, an upper sheet preferably has a hardness of about 45 or less, and other sheets preferably has ~~a~~ an A-type hardness of about 50 to 60, and more preferably, a hardness of about 55. The upper sheet has a relatively lower hardness to absorb the load impact amounting to about 4 to 5 times of the wearer's weight, which is applied to wearer's feet and joins when he/she walks.--

Please replace the paragraph beginning at page 15, line 2, with the following rewritten paragraph:

--FIG. 10 is a side elevation view of a heavy footwear for enhancing exercise effect according to a third embodiment of the invention. As shown in FIG. 10, ~~a~~ heavy footwear or shoe 300 of the invention includes a body 320 of an upper for housing a foot, a midsole 330 connected to the body 320 to support the foot and a bottomsole or outsole 340 underlying the midsole 330. The midsole 330 and the outsole 340 are formed of various materials and with various thicknesses according to the type and use of shoes. Further, an insole 350 (shown in a dotted line) is put on the midsole 330 to provide a cushion to a wearer's foot-sole.--

Please replace the paragraph beginning at page 15, line 13 and ending at page 16, line 6, with the following rewritten paragraph:

--The third embodiment of the invention has technical features of increasing the weight of the shoe 300 by forming the midsole 330 and/or the outsole 340 of the shoe 300 from a compressed resin of a high specific gravity or inserting weight-increasing members made of the high specific gravity compressed resin into the midsole 330 and/or the outsole 340. The high specific gravity compressed resin preferably has a specific gravity of about 2 or more, and contains nitrile rubber, budadiene rubber, ~~Barium Sulfate~~barium sulfate ($BaSO_4$) as high specific gravity filler, ~~Readoxide~~ red lead oxide (Pb_3O_4), ZnO, S, stearic acid and vulcanizing accelerator.--

Please replace the paragraph beginning at page 18, line 19 and ending at page 19, line 4, with the following rewritten paragraph:

--FIG. 13 is an exploded perspective view of ~~a~~ heavy footwear or shoe 500 according to a fifth embodiment of the invention. Referring to FIG. 13, the heavy shoe 500 according to the fifth embodiment of the invention includes a body 520 of an upper for housing a foot, an underlying midsole 530 connected to the body 520 to support the foot and a bottomsole or outsole 540 underlying the midsole 530. The midsole 530 and the outsole 540 are formed of various materials and with thicknesses according to the type and use of the shoe. Further, an insole put on the midsole 530 for providing a cusion to a wearer's foot-sole is not shown for convenience's sake.--

Please replace the paragraph beginning at page 20, line 12, with the following rewritten paragraph:

--Natural rubber is mixed with synthetic rubber of ~~nitril~~ nitrile rubber and butadiene rubber, and then with $BaSO_4$ of high specific gravity filler. ~~Mixture~~ The mixture is pressed with a roll press to enhance the molecular mass as well as the plasticity and viscosity. The pressed mixture is mixed again with ZnO, S, stearic acid, vulcanizing accelerator, and then pressed again to prepare sheets at a predetermined thickness, preferably, at a thickness of about 5mm.--

Please replace the paragraph beginning at page 20, line 23, with the following rewritten paragraph:

--The sheets are prepared at ~~a~~ an A-type hardness of about 45 to 60, preferably, at a hardness of about 50 to 55.--

Please **delete** the section heading beginning at page 21, line 10.

Please replace the paragraph beginning on page 21, line 11, with the following rewritten paragraph:

--As set forth above, the insole assembly for increasing the weight of ~~a~~ footwear such as a shoe according to the invention is made from only synthetic rubber and/or resin to overcome various problems induced from metal elements that are inserted into an outsole and/or an insole of a shoe.--